



The Peace of God

Philippians 4:6-9 (NIV) **Do not be anxious** about anything, but in every situation, by prayer and petition, with thanksgiving, **present your requests to God**. **7**And the **peace of God**, which transcends all understanding, will **guard your hearts and your minds in Christ Jesus**. **8**Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. **9**Whatever you have learned or received or heard from me, or seen in me—**put it into practice**. And the **God of peace** will be with you.

The Power of Prayer

- _____ is our first response for _____.

"It has been found that 12 minutes of daily focused prayer over an 8-week period can change the brain to such an extent that I can be measure on a brain scan.

- Dr. Caroline Leaf

James 5:16 (NIV)...**pray** for each other **so that you may be healed**. The prayer of a righteous person is **powerful and effective**.

- _____ invites the _____ of God into your mind.

What Is Worry?

Worry: is the sin of distrusting the power and promises of God.

Romans 8:5-6 (NLT) **5**Those who are dominated by the sinful nature **think about sinful things**, but those who are controlled by the Holy Spirit think about things that please the Spirit. **6**So letting your **sinful nature control your mind leads to death**. But letting the **Spirit control your mind leads to life and peace**.

"Your life will always move in the direction of your strongest thoughts."

Winning The War of Worry

"I'm going to..."

1. _____ what _____ can do."

James 1:5 (NLT) If you need wisdom, ask our generous God, and he will give it to you.

2. _____ to God what I _____ do."

1 Peter 5:7 (NLT) **Give all your worries** and cares **to God**, for he cares about you.

3. _____ God no matter what."

Proverbs 3: 5-6 (NKJV) **Trust in the Lord** with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and **He shall direct your paths**.

"...Everything is possible for one who believes."
- Jesus (Mark 9:23 NIV)...



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Winning The War of Worry

"I'm going to..."

1. Do what I can do."

James 1:5 (NLT) If you need wisdom, ask our generous God, and he will give it to you.

2. Give to God what I can't do."

1 Peter 5:7 (NLT) **Give all your worries** and cares **to God**, for he cares about you.

3. Trust God no matter what."

Proverbs 3: 5-6 (NKJV) **Trust in the Lord** with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and **He shall direct your paths**.

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